Vegetable side dishes don't have to be time consuming to be good

Distinctive vegetable side dishes not only round out a meal nutritionally but make an interesting addition to any dinner. Fancy meal accompaniments have only one drawback — they can require lots of time and attention just when you are trying to finish and serve all the other menu items. I make the state of the properties of the properties of the preparation in advance.

Two attractive vegetable side dishes that fit nicely into a time-saving, make-ahead cooking schedule are Corn Timbales and Peas and Puffed Potatocs. Both of these savery combinations are made with vegetables in butter sauce and can be prepared and assembled a day in advance, ready to be baked and served.

Corn Timbales are flavorful single-serving molds of baked corn custart. The baked timbales (pronounced tim bahl) are seasoned with two kinds of cheese, parsley and onlon. To pre-

pare this dish, the corn is simply thawed in its cooking pouch, then the vegetable and butter sauce are stirred in with the other ingredients. The corn mixture can be prepared a day in advance, spooned into custant cups and refrigerated. The timbales bake in 45 minutes, while you gut the finishing touches on the other diabes. Present the Corn Timbales either on individual plates as a separate course or family style along with the meal.

Pens and Pulfed Potatoes is a makeshead side dish that combines both a green vegetable and potatoes. The peas with rich butter sauce and thinly sliced green onloss form the bottom layer of this casserole. The finity potato topping is seasoned with dill weed, Parmesan cheese and gardie.

CORN TIMBALES

CORN TIMBALES

1 (10-ol.) pkg. core is butter sauce
4 eggs

1 (20 ol.) pkg. core is butter sauce
4 eggs

1 (20 ol.) pkg. core is butter sauce
1 ol. (% cup) grated sharp cheddar

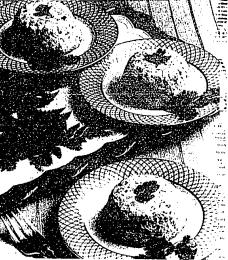
1 ol. (% cup) grated sharp cheddar

cheese
1 oz. (¼ cup) grated Swiss cheese
3 thep, minced parsley
2 thep, grated onlon
¼ tsp, pepper
¼ cup whipping cream

In bowl of warm water, thaw corn pouch for 30 minutes. Heat oven to \$50 degrees. Grease (\$6-\times\$-0. custard cups and line bottoms with wared paper. In large bowl, beat eggs to blend. Sitr in corn and remaining ingrodients, mix well. Spoon mixture evenly into custard cups. Set custard cups in a 1375-inch pan; fill with about 1 inch of boiling water. Bake \$50 degrees for 40 to 45 minutes or until knife inserted in center comes out clean. To unmold, run knife around edge-of custard cup and invert on serving plate. Remove waxed paper. 5 servings.

1 lb., potatoes, pecied
1 garile clove
1/4 cup grated parmesan cheese
1/4 tup, garile
1/4 tup, dill weed
1/4 cup whipping cream
2 eggs
2 tup, thinty sliced green onton
1 tup, grated parmesan cheese

In bowl of warm water, thaw pea pouch for 30 minutes. Heat oven to 350 degrees. In saucepan, cover potatoes and garile clove with water. Bring to a sage test in sanctipul, over pointes auditation of the water. Bring to a solid, studies and the water and coord so minutes. Drain potatoes or and coord so minutes. Drain potatoes or and coord so minutes. Drain potatoes with the potatoes on high speed until smooth and futfy. Sit in ¼ cup chees, salt, dill weed, whipping cream and eggs, mix well. In a shallow 1-quart casserole combine peas and green onlon. Spread potatoes evenly over peas. Sprinkle with 1 tablespoon parmesan cheese. Bake at 350 degrees for 45 minutes. Serve immediately, 4 to 8 servings. Tips: Casserole can be prepared in advance. Cover and refrigerate until ready to bake. 1 lb. potatoes, peeled, equals 214 cups cubed raw potatoes.



Corn timbales are an attractive vegetable side nicely into a time-saving make-ahead schedule.

Study shows that beef is leaner than ever before

Today's beef has a new look and it's leaner than ever before. This was the conclusion reached by a comprehensive study that used the latest in laboratory methods and computer technology to determine just how beef contributes to a balanced diet. Modern beef contains less a hablanced diet. Modern beef contains less a conclusion reached by a comprehensive study which was a joint effort of serving of cooked lean beef provides







1-800-228-3393 Christian

Children's Fund, Inc.

